Michele Sodon

ZESTY TOMATO SOUP

NOT YOUR TRADITIONAL TOMATO SOUP, THIS QUICK-COOKING DISH CAN BE A SIDE OR LIGHT MAIN MEAL

NUTRITION PER SERVING:

CALORIES	94
PROTEIN	5 G
CARBOHYDRATE	16 G
TOTAL FAT	0 G

PREP TIME:	10 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 C SOUP

1	CAN (14½ OZ) NO-SALT-ADDED DICED TOMATOES
1 C	JARRED ROASTED RED PEPPERS, DRAINED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS)
1 C	FAT-FREE EVAPORATED MILK
1 TSP	GARLIC POWDER
¼ TSP	GROUND BLACK PEPPER
2 TBSP	FRESH BASIL, RINSED AND CHOPPED (OR 2 TSP DRIED)

01 Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.

02 Put tomato mixture in a medium saucepan, and bring to a boil over medium heat.

03 Add evaporated milk, garlic powder, and pepper. Return to a boil, and gently simmer for 5 minutes.

04 Add basil, and serve.

05 Optional step: Serve with whole-wheat croutons sprinkled on top

✔ Older children can make the recipe themselves.

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